

News Briefs

LCN Customer Appreciation Day

In appreciation of thier customers, and to celebrate the company's ninth year of service to the GTMO community, LCN is hosting a Customer Appreciation Day Jan. 17 from 10am to 2pm at the LCN/BCO parking area. Activities include a craft fair, face painting, castle bouncer and rock climbing machine. The community is invited to enjoy free hot dogs, hamburgers, and other refreshements as well.

The first 200 arrivals have a chance to take part in various give aways such as free phone calls, T-shirts and more. The crew from Blitz 103.1 will broadcast live and there will also be a demonstration of the new GTMO Freedom Calling Card. You don't want to miss it!

Print Cartridge Recycling

The PTO is not only helping clean up our community, but also earning cash for our school! If you have just used the last of your printer's ink making this year's Christmas cards or printing out family photos, don't throw that empty cartridge in the trash.

You can drop off your empty print cartridges at the elementary school front office. Also, keep an eye open in the community, the PTO hopes to have recycling boxes posted throughout the base in the near future.

Once again, the PTO thanks the GTMO community for all its support and participation. Any questions, call Julie, 5736.

10 Resolutions for Healthy New Year

The American Academy of Pediatrics offers these tips for a happier and healthier 2004.

- **1. Make sure immunizations are up to date.** Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.
- **2. Provide your child with a tobacco-free environment.** Indoor air pollution from tobacco increases ear infections, chest infections, and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, the most important predictor of whether your children will grow up to be smokers is whether you smoke. Make your home a smoke-free zone.
- **3. Read to your children every day.** Start by the age of six months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss issues and learn what is on your child's mind.
- **4. Practice "safety on wheels."** Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets.
- **5. Do a "childproofing" survey of your home.** A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.
- **6. Monitor your children's "media."** Monitor what your children see and hear on television, in movies, and in music. Children are

affected by what they see and hear, particularly in these times of violent images. Talk to your children about "content." If you feel that a movie or TV program is inappropriate, redirect your child to more suitable programming.

- 7. Help kids understand tobacco, alcohol, and the media. Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Make sure the TV shows and movies your child watches do not glamorize the use of tobacco, alcohol, and other drugs.
- **8.** Pay attention to nutrition. Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.
- **9.** Become more involved in your child's school and your child's education. Visit your child's school. Become active in the parent-teacher organization. Volunteer in the classroom or for special projects. Be available to help with homework. If your child's education is important to you, it will be important to him.
- 10. Make your children feel loved and important. Kids develop a sense of self-worth early in life. They get it from their parents. Listen to what your children have to say. Assure them that they are loved and safe. Celebrate their individuality, and tell them what makes them special and what you admire about them.

U.S. Naval Base Guantanamo Bay, Cuba



Commander, Naval Base CAPT Les McCoy

Chief Staff Officer
CDR Rick Holt

Command Master Chief CMDCM(SS) Al Steiner

Public Affairs Officer **JOC Richard Evans**

Gazette Editor
JO1 Amy Kirk

This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

2003 Year in Review

January

January 2003 began a year-long celebration of the 100th Anniversary of the Base Lease. In 1898 when United States Marines landed in Guantanamo Bay, Cuba to fight in the Spanish-American War, no one anticipated that the United States military presence in Guantanamo Bay would continue into the new millennium. Then in 1903, the United States agreed to lease a portion of the area for its first overseas base and our friendship with the Cubans who have worked, lived or commuted daily to Naval Base Guantanamo Bay began.

This month also hosted a visit by the Harlem Ambassadors. As part of their "Around the World Tour", their high-flying slam dunks, dazzling basketball handling, and humorous comedy routines wowed the crowd.

Another first in GTMO, and real crowd-pleaser was "The Wiz of the West,"



featuring a cast of some of GTMO's younger residents. The Missoula Children's Theatre production was sponsored by the PTO and MWR with support from



HSO and a grant from Newman's Own, Fisher House Foundation and Military Times Media Group. Look for their return in 2004!

A long standing tradition in GTMO, Cuban American Friendship Day, always brings the community together in a great cultural celebration - the great food, music and fun never fail to make the event a huge hit.

This celebration lifted the spirits of many here following the tragic loss of the crew of the Space Shuttle Columbia and the continuing prospect of war with Irag on the horizon.

A visit from three international beauties also brought smiles to GTMO residents. Miss Universe, Miss USA and Miss Teen USA dropped in to say hello. The three ladies made the rounds of schools and commands answering a

s e e m i n g l y unending string of questions about what it's like to be in a pageant.

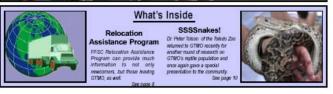
b

Speaking of beautiful things, the base itself received a few makeovers as work began on a new refreshment stand at the D o w n t o w n Lyceum and new bus stops and a crosswalk in front of the Navy Exchange.









March

Did you hear a noise? Did you hear that? Up on the stage! Look! It's the cat! Up on stage - it's the Cat in the Hat!

Each March, students, teachers, parents and community volunteers come out to put on the hat of the Cat (the one made famous by Dr. Seuss), pick up their books, and read, read, read.

They are joined by others in cities and towns across the nation, in the reading sensation that is the National Education Association's (NEA) Read Across America. The event here was celebrated with style, gusto, good humor, and verve.

GTMO hosted some very important visitors, too. Florida Governor Jeb Bush accompanied then Commander Atlantic Fleet, Adm. Robert Natter on a quick trip to GTMO to visit with the community and thank to them for all they do.



Also in March 2003, two of GTMO's own **Boy Scouts, Jimmy** Grewe and Grant Stead, became Eagle Scouts in a special **Eagle Scout Court of** Honor ceremony. The Eagle is the highest recognition

GAZETTE

GTMO GATHERS TO BID FAREWELL TO CAPTAIN ROBERT BUEHN AND WELCOME

CAPTAIN LES MCCOY











scouting offers to its scouts. It is earned through hard work and dedication.

Wrapping up the month was a very important event at the Phillips Park Lighthouse. The Naval Base Change of Command turned over control of the base from Capt. Robert Buehn to Capt. Les McCoy. Naval Base turned out in force for the event which featured an address by guest speaker and former COMNAVBASE, VADM John Fetterman (USN Ret).

OF SUMMER

What's Inside GTMO BOYS (AND GIRLS) Softball Safety



April

Changing of the Guard - Opening Day - NMCRS Radiothon

April 2003 was a month packed full of tradition. GTMO residents welcomed a new Commanding Officer, Capt. Les McCoy.

Also known as the beginning of baseball season, April in GTMO brings



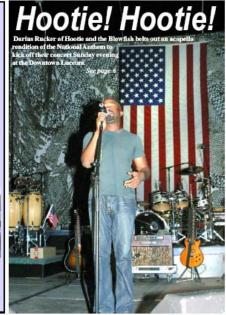
the the MWR T-ball and baseball season. The sight of some of the youngsters in over-sized helmets and clothing made every game worth watching even if just for the photo ops!

Also in April, the Navy and Marine Corps Relief Society **Fund Drive Radiothon brought** out the madcap personalities of GTMO residents and GTMO's "Blitz Crew" (better known as the radio station DJs). The annual event brings out groups and individuals throughout the community in fund raising efforts that this year raised over \$7,500 for NMCRS.

GAZETTE







May

For more than 50 years celebrities have traveledaround the world to entertain the troops serving during wartime and holidays. The various shows performed have proven to be an effective morale booster for the troops stationed oversees.

In May 2003 it couldn't 'GTMO better!' Celebrity golfer Peter Jacobson and rock-stars, Hootie & the Blowfish visited the island, to entertain residents and service members stationed here.

"This trip is our way of saying 'thank you' to the troops," said Jacobson, "If we can provide [you] even the smallest reminder of home and offer a break that includes great entertainment, then our mission is accomplished."

Jacobson and Hootie & The Blowfish viewed their visit as a "morale-boosting trip." They spent the weekend playing golf with local residents and signing autographs. The band performed Sunday night at the Downtown Lyceum that was packed to the "stars."

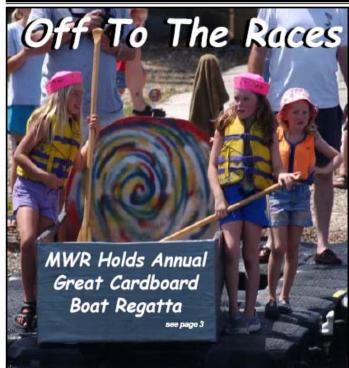
According to frontman, Darius Rucker, the band has always supported the military. "We're always involved and always will be," he said. "The military is a very important thing." The band has been a part of several USO tours in the past years.

The end of the month of May is traditionally celebrated by the Guantanamo Bay community with a Memorial Day trip to Cuzco Cemetery, located in a remote area only accessible to most of the community during the annual memorial service. The celebration sees hundreds of residents bussed to the cemetery for a patriotic ceremony and comments from guest speakers.



Val. 60 No. 26

Friday, June 27, 2003



June

In June 2003, GTMO residents were off to the races in many ways. W.T. Sampson High School graduates were ready to spread their wings and fly after having their diplomas handed to them by special visitor Vice Adm. Albert Konetzni.

Others were ready to float out onto the bay during GTMO's annual Cardboard Boat Regatta. While still more raced to the grand openings of KFC Express, A&W and Pizza Hut Express.

Also in June, the always entertaining Philippine Independence Day program at the Windjammer Ballroom, featured several cultural presentations from the base's Filipino community.

Also visiting in June was Acting Secretary of the Navy Hansford T. Johnson who stopped by to say how proud he was of the job the men and women in uniform are doing here. Johnson said he believed that the war on terrorism will last for a long time and will require the support and stamina of every American. He believes the Sailors and Marines in GTMO are up to the task.





July

July 2003 in GTMO saw two changes of leadership - one at Guantanamo Bay's U.S. Naval Hospital and one at GTMO's Marine Corps Security Force Company.

After three years at the helm of U.S. Naval Hospital Guantanamo Bay, and after guiding the hospital through a highly visible build-up, Capt. Albert J. Shimkus, Jr. turned over command to Capt. John S. Edmondson.

At the MCSF Co. Change of Command ceremony held July 17, Maj. John Rochford, II, relieved Capt. William Elliott as commanding officer. Capt. Elliott had served as interim CO after reporting aboard as MCSF Co. Executive Officer. With the arrival of Major Rochford, Capt. Elliott again serves as Company XO.

Another annual favorite during July was the 'Fireworks on the Bay' display which brought families and friends out to the Marina and Deer Point to view an Independence Day fireworks display that literally lights up GTMO Bay.

Adding to the 100th Anniversary of Naval Station, Guantanamo Bay celebration, the Base Chapel staff dedicated an "Anchor of Hope" outside the base's main chapel and asked residents to remember that whenever and wherever they see an anchor, to recall these words: "Have hope, an anchor of the soul, set and secure!"

The Chapel also hosted SCUBA - Super Cool Underwater Bible Adventure. The bible school program not only offered children a way to learn more about their faith, but also provided some great summer fun memories.

Finally, July 2003 saw GTMO's softball team

attend the Southeast Regional Softball Tournament (SARS) in Mayport, Fla. And for a second consecutive year, the team brought home a trophy,

taking third place for the second consecutive year.



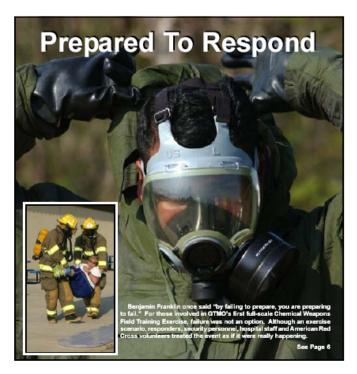






Page 6 - Friday, January 2, 2004

GAZETTE



August

In keeping with the 100th Anniversary theme, Naval Station personnel gathered to dedicate a monument on the Headquarters Building grounds to commemorate that milestone. The flagpole and cannons from in front of the old COMNAVBASE HQ, building 760, were moved to their new home on the northeast corner of the current COMNAVBASE building, also known as Bulkeley Hall.

The annual National Night Out event sponsored by NAVSTA Security is also a big draw in August. The event not only provides entertainment and food, but also gives GTMO residents a chance to meet and talk with Emergency Services Personnel.

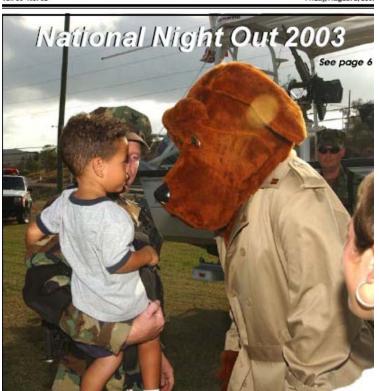
August 2003 also saw GTMO's first full-scale Chemical Weapons Field Training Exercise (FTX). The exercise tested all aspects of the installation's Weapons of Mass Destruction (WMD) response plan. The event was tailored to meet the specific objectives of various NAVBASE agencies and provided a practical means to assess whether an installation's WMD response plan is

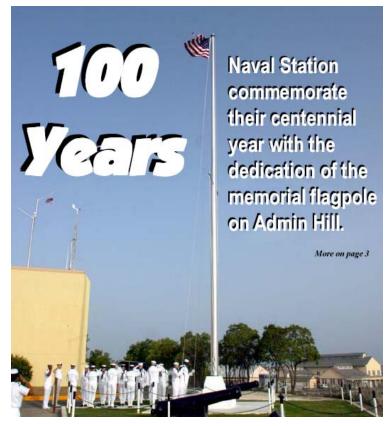


executable. It proved a great success as volunteers got to put their acting skills to the test.

In a year of hails and farewells, GTMO said farewell to XO/CSO, Capt. Mike Fair and bid welcome to new XO/CSO, Cmdr. Rick Holt and his family.







GUANTANAMO BAY

September

September 2003 saw various fundraising events by the Navy Ball Committee and Spouses' Seminar Committee. Residents had the opportunity to get the GTMO dust washed off their vehicles, sample bowls of hot and spicy chili, and see the latest back-to-school fashions.

Providing a little holiday fun for Labor Day, MWR hosted a myriad of athletic events, as well as a GTMO Car Show.

As part of their initiation and just prior to receiving their anchors, GTMO's newest chief selects performed a flag retiring ceremony at Cable Beach.

Yet another special visitor stepped onto the shores of GTMO in September 2003. Commander Navy Region Southeast, Rear Adm. Annette Brown returned, and while here, offered her services to present awards and reenlist members of NAVSTA.

















Page 8 - Friday, January 2, 2004

GAZETTE

November

November 2003 was all about giving thanks. The Navy Exchange thanked to its loyal patrons by hosting another of their popular Customer Appreciation Days.

The base thanked commuter Rene Cisneros for his decades of hard work and dedication at his retirement and bid farewell as he exited the base for the final time.

Participants of the GTMO X-treme Race gave thanks for the finish line after an excruciating, yet exhilarating, adventure race through the bay and some of the roughest parts of the GTMO landscape put together by MWR's staff.

And then there were four. . .

GTMO Says Farewell to Mr. Cisneros









Santa Spreads Holiday Cheer in GTMO

Above: Santa and his helpers catch a sleigh ride to the Navy Exchange for the annual holiday program. Left: Santa chats with children and adults to see what's on everyone's wish list. For more holiday harpsening, we now

December

Breakfast with Santa - Tree Lighting Ceremony - Electric Light Parade - W.T. Sampson School Christmas Program - Holiday Tour of Homes - Parade of Lights - Sleigh Rides - and more!

Decembers in GTMO are full of memories-in-the-making. December 2003 was no different. Kicking off the winter holidays, McDonald's hosted a very merry Breakfast with Santa, where residents were treated to a pancake breakfast and a chance to whisper to Santa all their holiday wishes.

Soon after, holiday lights began popping up everywhere - the NEX, Harbor Lights Hill, housing communities, on floats and boats.

Also in December 2003, NAVSTA hosted it's first Career Management Symposium. Navy Enlisted, Officers and family members were afforded the opportunity to meet with Enlisted Detaliers as well as attend various career information briefs.

As the year drew to a close, many scrambled for last minute holiday gifts or to catch the ferry to the Leeward Air Terminal to catch that Sleigh Ride home for the holidays.

The Gazette Staff wishes everyone in GTMO a Happy New Year! May the year to come be as memorable as the 100 years that have passed!

GTMO SHOPPER

School Lunch Menu Jan. 5 - 9

- MONDAY -

Hot Dog w/Cheese, French Fries, Sweet Peas, Orange Wedges, Milk

- TUESDAY -

Meatball in Sauce, Mashed Potatoes, Peas & Carrots, Seedless Grapes, Milk

- WEDNESDAY -

BBQ Chicken, Rice, Tossed Salad, Apple Wedges, Milk

- THURSDAY -

Pepperoni Pizza, Green Beans, Carrot Sticks, Orange Wedges, Milk

- FRIDAY -

Spaghetti, Toasted Garlic Bread, Cauliflower w/Cheese, Fruit Gelatin, Milk



The movie schedule for January 2-8, 2004 is available online at www.nsgtmo.navy.mil Valentine's Day Dance

February 14th

at Community Center

Begins at 7pm

\$3/person or \$5/couple

Sponsored by the SPOA

TREASURES AND TRIVIA

BUSINESS HOURS

Monday Wednesday Saturday 9am - 2pm 2.pm-6pm 9am - 2pm Don't miss the \$5 Bag Sale on the last Saturday of the month

We always welcome donations! You can drop items off during business hours or place them inside the drop box outside.

You're Invited to a Farewell Party for Housing Director,



6pm, Tonight
at Rick's Lounge.

Please drop in and say good-bye!

Force Protection

When traveling overseas, know emergency phone numbers and how to use the local phone system.

Carry local change.

Energy Conservation

Enable the Energy Saver mode on your computer.

Water Conservation

Dec 22-28

Used 7,142,000.0
Daily avg. 1,020,285.7
Daily goal 1,000,000 gal
We were -\$2,698 over
budget for the week.

GTMO SHOPPER

FOR SALE

- (2) Paintball gun Spider TL plus with mask, hopper, 12' barrel, 16" barrel, squeegee, waist harness with four paintball carrying tubes, carrying case for gun, and original instructions to the gun. Very good condition, \$250 OBO. Call 3977.
- (2) Barbie Sweet Dreams Comforter and sheet set \$25.00 OBO. Call Julie at 5736.
- (2) Dacor BC for sale. Perfect condition, used 8 dives! Size large. \$300 obo. Call Brad at H-7969 or W-72450.
- (2) Items for sale- 2 SeaQuest Visage Masks \$60 ea; 2 Mojave Genesis Snorkels \$20 ea; 2 Mares Avantiquarto ABS Fins (one L, one S)\$100 ea; Aqua Track Aqua Lung Boots Size 6 \$20. Items have only been used twice! Call Mark at 7041.
- (2) Oak dining room set includes table with 2 arm chairs and 4 side chairs, one leaf and a 3 door hutch. Table has claw foot pedestal base. Hutch is lighted and has 3 glass doors, 3 drawers and 3 wood doors \$800. May be seen at N314. Call Judy at 3304 after 5pm.
- (3) Grey Carpet 6'x 8', \$20; Double/Full Mattress, Boxspring and frame, good condition, \$150. FMI, call 4620.
- (3) Buffalo mount, \$2,000. FMI, call 7062.
- (3) Mahogany Bar with 2 bar stools. Bar has dry well, 2 doors and a drawer, glass shelves for bar ware. Front of the bar is a copper elephant \$400. May be seen at N314. Call Judy at 3304 after 5pm.
- (3) Washer, used but works like new, asking \$75. Call Kara or Terry at 7100.
- (3) Sofa and Loveseat for sale w/slip covers, \$200 OBO. Call Meggan at 2465.
- (3) Items for sale Evenflo exersauser, \$30; Graco 6-speed swing, \$30; bouncey seat, \$5; convertible 3pt car seat, like new, \$25; glider rocking chair, \$50; standing bread box with storage, \$20. Everything in great condition. Call Tammy at 5724.

VEHICLES/BOATS

- (1) 18' boot hull, 7' beam- no motor, no console. Trailer needs work. Asking \$75. FMI, call 5350.
- (2) 22' Pontoon Boat w/working 70hp force engine. Complete equipment, \$600. Call Bernard, 2907 or 2550.
- (3) 1987 Dodge Ram 50 truck Runs great and well kept. Available 10Jan04, \$2,400 OBO. Call 7511and leave message.

EMPLOYMENT

The Fleet and Family Support Center has an immediate opening for a Counseling Assistant (GS-9 equivalent). Bring résumé to the FFSC NLT 16 January 2004.

The following employment positions are currently available at the Navy Exchange:

Public Notice of Joint Commission on Accreditation of Healthcare Organizations (JCAHO) Survey

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Navy Medical Inspector General (MEDINSGEN) will conduct a joint accreditation survey of U.S. Naval Hospital Guantanamo Bay, Cuba, from 9 to 16 January 2004.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission and United States Navy standards. The survey results are used to determine whether, and the conditions under which, accreditation should be awarded to the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview with JCAHO must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

Division of Accreditation Operations

Joint Commission on Accreditation of Healthcare Organizations

One Renaissance Boulevard

Oakbrook Terrace, IL 60181

The Joint Commission will acknowledge such requests in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time, and place of the meeting. Concerns may also be brought to the attention of the Medical Inspector General by calling 1-800-637-6175. This notice is posted in accordance with the Joint Commission's requirements and may not be removed before the survey is completed.

Full-time:

Warehouse Worker Driver Security Guard (Refunds Desk) Part-time:

Receptionist/Cashier (Beauty Shop)
Janitor

Stop by the 2nd floor of the Navy Exchange to pick up an application. For more information, call Mary Beth at 4119.

Paperclips Etc. is looking for a full-time cashier. Call 4603 for details.

LCN is now hiring for the following positions: Cashier; Customer Service. Applications can be picked up at LCN Customer Service. Call 3744 for details.

The following are job vacancies currently open through the Human Resources Office. Vacancies:

Open Continuous Vacancies:

Practical Nurse, 1st cutoff 9/3/03, closes 8/20/04

For more information contact the Human Resources Office at 4441.

WANTED

Looking for a secretary work station. Call 3065, Iv. msg.

Looking for people who are interested in playing Double-Deck Pinocle. Contact MSG Roland Kinley at 8072 after 6pm, M-F; email roland.kinley@us.army.mil

Wanted - Used full-sized pick-up truck. Current best offer, \$800. Call 8072 after

6pm or email, roland.kinley@us.army.mil.

Lost & Found

Lost: blue scuba diving weight belt. Six-pocket design w/approximately 14 lbs of soft weights in the pouches. Last seen at Phillips Pier. May have left in one of the JTF J3/J2 Vans. Please return to the Dive

Lost: OMS Tech Diving BCD w/IQ Pack on Dec. 15. Last seen at 1507C East Caravell at 11pm. Dive knife attached to the right shoulder strap of the IQ Pack. \$300 Reward! Contact Bill Dorman at 8166, 5493 or email billdorman157@yahoo.com.

Lost: DVD Wallet on Dec. 5 between 6:30 and 7:30pm on the Shuttle Bus (stopped at NEX Mini-Mart at Camp America). Wallet is plain black leather and has approximately 50 DVDs in it, including LOTR: 2 Towers, LOTR: Fellowship, Patton and Blackhawk Down among others. Any information regarding this item, please contact 1LT Glen Kernusky or the duty personnel at the 1/181 INF TOC at 3159. \$100 reward.

YARD SALES

Wednesday, Dec. 31 - NH-5A, starting at 7am - Furniture, indoor/outdoor plants, computer games, artwork, misc. items.

PERSONALS

Well the time has come and gone and now

it is time to go. As we depart this wonderful tropical paradise we would like to thank all of our GTMO friends and families for sharing these 27 short months with the Robinette Family. There will always be a place in our minds and hearts for the days we spent here in GTMO. You can never match the friendships you will endure and the giving people of this community. Most of all we would like to say good-bye to our wonderful friends Bruce, Corrine, Meagan, Sarah and the boy. The friendship we have enjoyed over the past 2 years will never be matched again, you all are the most giving and caring people we have ever met. Please remember you will always be apart of our family and we will never lose touch with all of you. Your family will always have a place to stay in Kingsland Georgia when you come back to the states for a visit!

DKC(SW/SCW) J.D. Robinette & family

Our sincere thanks to Mrs. Terri McCoy and the GTMO community for organizing the Angel Tree for the Cuban community. The children's caroling and the unexpected gifts were the highlight of our Christmas party. May God bless the Guantanamo community and may God bless America! Wishing all a very Merry Christmas and blessings for the New Year!

Guantanamo Bay Cuban Community

Thank you to all the community members who donated gifts for the children's angel tree. Your generosity and caring was greatly appreciated.

The Hospital Spouses' Organization

